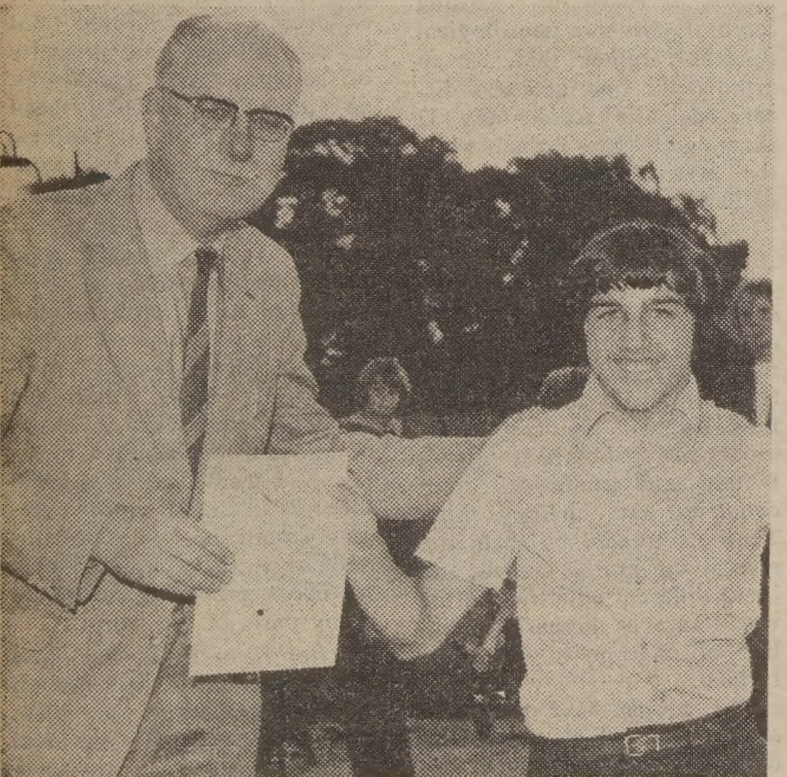


Seventh win for Spastics Games



ANN TROTMAN, of Bristol, represented Wales at the Spastics Games—and won all six events in which she competed. With her is the Society's Youth Organiser in Wales, John Roberts.



PROUD smile from M. Churchill, of Irton Hall School, as he receives a first prize certificate (and he won three firsts and one third) from Mr Douglas Arter, Chairman of Top Ten Promotions Ltd.



CLARE RIBEIRO-AYEH, of Wilfred Pickles School, gave PE Instructor Colin Rains a run for his money when he challenged her to a race. It was a close run thing. Colin is head of PE at Nottingham College of Education.

Two days of sporting effort

THE Boreham Cup, which is presented at the National Spastics Games to the competitor who makes the greatest effort—has gone for the second time to Meldreth Manor School. It was won by 12-year-old Susan Godfree.

Unfortunately Susan was unable to be present to receive her trophy. But Mr Harold E. Boreham, who first donated the cup at the outset of the games when he was Chairman of the Norwich and Norfolk Group, promised that he would take it to Meldreth personally.

The school is especially pleased at having won the Cup, because their 15 contestants are the only ones out of the total of 274 who are doubly handicapped.

Susan, whose home is in Clapham, London, is ambulant. But her legs are stiff because of operations performed to lessen her handicap. Nevertheless she took part in the 60 metres running event and came second. She also competed in the light shot.

Great effort

Mr Boreham told competitors that although all of them had put in a tremendous amount of effort at the games, not all could become prize-winners. The purpose of his Cup was to give an opportunity for someone who had put every ounce of energy they possessed into the contest, to win something.

The entrant who won most prizes was Malcolm Dawson, aged 14, who scored eight first places.

Another highly successful competitor was Ann Trotman, 23, from Bristol, who represented Wales at the Games. Ann has taken part in every National Spastics Games since they were first started seven years ago. At this year's event she won all of the six

Cont on Page 12



THE winner! Malcolm Dawson, aged 14, who attends the Percy Hedley School at Newcastle, was the most outstanding competitor at the Society's seventh annual National Spastics Games held at Nottingham College of Education on July 19/20. He scored eight first places in various track and field events.

Support from top athletes

THERE was no shortage of famous athletes at the National Spastics Games. Among those who turned up to watch the handicapped sportsmen and women go through their paces at Nottingham were three runners who had represented England.

The first was Joe Keily, the former British long distance and marathon runner. He is now Spastics Pool Regional Manager for the East Midlands.

Joe last ran for England in 1962, but he still maintains an active interest in the sport. In fact he is a grade one judge, which qualifies him to judge Olympic events.

During his last year as a top grade runner, Joe became the English 20-mile champion, finishing his race in record time. But he rates as his best performance, his efforts in the 1961 English National Cross-Country Championship. He

Cont on Page 12

INFLATION To disabled couples it brings real hardship

Spastics News investigates

INFLATION hits everybody. But none so hard as severely physically handicapped people living on fixed incomes. For these people, the words 'economic crisis' are not just the meaningless mouthings of politicians. For them inflation means cutting out meals, going without new clothes and even getting into debt.

Take Donald and Susan Wiles for example. A year ago they left the relatively cushioned existence of The Spastics Society's 'Roman House' at Basingstoke, to get married, and set up home together. They now live in a council bungalow at Walthamstow in East London.

'I value my independence above everything,' said Donald. 'I would rather die than give it up. But life is bloody raw outside. There is no one to come rushing to your help all the time. You are on your own.'

Both Donald and Sue are very severely handicapped, confined to wheelchairs and each having the use of only one hand. Sue has speech difficulties as well.

The couple live on their social security benefit of £29.13 per week. From this they must pay £8.80 in rent, which is taken into account when the benefit is assessed.

Food bills

'But by far the most expensive item on our budget is food,' said Donald. 'Our grocery bill each week comes to about £14. That sounds high, but because of our handicaps we are unable to cook very much. That means we have to buy convenience foods all the time. And these are expensive.'

'Of course we are unable to make the economies that other

Cont on Page 12

How they zipped up double bed problem

Hugh Slater, 22, and his bride-to-be, Carol Oliver, 21, who live at Summers, the Surrey County Council hostel in Kingston, looked askance at the size of a 4ft 6in bed and aghast at the price of a 6ft one.

For they had had a look at the conventional double bed and decided that since they are both spastics, a small bed would not prove comfortable.

They went window shopping in Kingston's main department store and saw to their horror that the cost of a 6ft bed was nearly £200.

However, a call to Mr A. Mitchell, the Society's Supplies Officer, provided half the answer—two mattresses zipped together on a 6ft base, while a friendly publican in Kingston, who had been holding a pub collection for spastics, came up with £100.

Hugh and Carol will be marrying from her home in Ashford, Kent, at the centuries-old Parish Church on September 13.

Society's farm helps export drive

THORNGROVE, the Society's Agricultural Centre at Gillingham, Dorset, has taken time off from weeding the pot plants for which it is justly famed, to send fatted

calves to swell the export market.

Ted Rhodes, Thorngrove's warden, explained: 'Usually we buy day old beef calves, fatten them for three months, and then

sell to local farmers. However, a marketing organisation with which we are involved showed us we'd get a better return if we exported. The first batch of six were flown to Greece followed by 10 to Italy.'

New venture brings hope of work for the home bound

by Bill Paton



MR ARTHUR DOBSON (centre), course instructor, talks to Haydn Watkins of Merthyr, together with a visitor to the centre.

A NEW venture aimed at training home bound spastics in Wales to contribute something to society and give themselves a degree of independence and dignity has got off the ground in Swansea.

Having been closely identified with spastics for the past 23 years I believe that this scheme, the brain-child of The Spastics Society and organised by Mr Arthur Dobson, its Home Work manager, could open up a new era for those unfortunate enough to be confined to their homes through physical disabilities and who find themselves unable to get employment in open industry.

A happy coincidence is that this special five-day instruction course for severely disabled people was being held for the first time in Wales in co-operation with the Swansea and District Spastic Association at their well equipped centre at Longfields, West Cross. Here some 60 spastics have the good fortune to be accommodated, and at least half of them trained in other crafts at the centre.

As chairman of the Swansea organisation I had the pleasure of welcoming five young spastics to Longfields, and I was left in no doubt that they were thrilled with the prospect of being taught to overcome their handicap in order to carry out the relatively intricate craft of jewellery making at home.

Success

These five spastics drawn from Cardiff, Newport and Cwmbran, were instructed by Mr Dobson, assisted by Mrs Dobson, who have already had tremendous success with this scheme in England, where some 50,000 pieces of jewellery are turned out annually by some 50 home-bound spastics.

This works out at 1,000 pieces per person and when one views this in the light of their handicap it is a tremendous achievement.

One spastic woman with little control of her hand movements manufactures brooches, ear rings, etc, with her teeth.

The instructors took the opportunity of assessing the capabilities of those taking part in the Swansea course so that they can provide work

limited patience and expertise, told me that at the moment the Home Work section was carrying over 200 designs in jewellery from simple designs to the more sophisticated.

'I feel sure that in that range we can fit these young people in somewhere, even though they are limited in



MISS GLENYS JONES, of Cardiff, at work making jewellery.

most suitable for the individual.

Mr Dobson, who has un-their ability,' he said. 'Of course problems arise and that is why it is good to have a husband and wife team.'

Mr Dobson's philosophy is to stimulate these spastics into seeing themselves able to contribute something to society, and at the same time earn something which gives them a degree of independence and dignity.

Their programme was to step up the annual turn out of 50,000 pieces by 300 per cent in the next 18 months.

The jewellery has also found its way into the American market and exports are being sent to Greece and Holland, with a limited number to Canada, Australia and India, while special designs are made for the Scottish market.

Shops established in Cardiff, Swansea, Newport, and Haverfordwest, and Rhuddlan in the north, are doing well with sales, but according to Mr Dobson there is a great deal of scope for them.

By supporting us they keep spastics employed, apart from looking after their own people,' he said.

As well as jewellery, the Home Work section exploits craft work, printing, and even publishes its own news letter.

Award for couple whose work has helped thousands

THE Harding Award, presented annually for services to the disabled, has this year been won by husband and wife team, Dr Karel and Mrs Berta Bobath in recognition of their outstanding work for cerebral palsied children.

The Award, inaugurated in 1971 by the National Fund for Research into Crippling Diseases and the Central Council for the Disabled, is named after Field Marshal Lord Harding, Chairman of the National Fund from 1969 to 1973.

The presentation, at the Mansion House in London, was made by Mr Alf Morris, Minister for the Disabled, and himself a former winner of the Award. Mr James Loring, Director of The Spastics Society, proposed a vote of thanks after the ceremony.

mony. Mrs Bobath expressed thanks to 'this, our adopted country which has given us help and encouragement in our work.' She went on to describe how, by trial and error, she discovered and pioneered a new form of physiotherapy, based on counteracting the abnormal patterns of movement associated with cerebral palsy.

'Each child is different so that every new patient still presents something of a challenge,' she told her audience. 'After over 30 years I am still learning every day, which just shows how little one knows about a condition as complex and as variable as cerebral palsy.'

Dr Bobath spoke of the medical aspects of cerebral palsy and associated problems of mental retardation which he had encountered at both the Western Cerebral Palsy Centre and as consultant-in-charge of the cerebral palsy unit at Harperbury Hospital in Hertfordshire. He said that many spastic patients, considered to be retarded, were suffering from the effects of deprivation and lack of experience resulting from physical handicap, and with the right treatment had considerably improved their intelligence.

Mothers

He also stressed the importance of training for mothers in the daily handling of spastic children. He admitted that because of the great diversity of cerebral palsy conditions, no final answer had been found to the problem, but new methods of treatment were continually being developed.

Proposing the vote of thanks, Mr Loring said that he had known the Bobaths for 15 years and could not speak too highly of the work they had done for handicapped children. He added that the Western Cerebral Palsy Centre, of whose Council he is a member, had trained at least 2,000 therapists, many from overseas countries. The Bobaths had also been indefatigable travellers, providing courses in many parts of the world.

After the ceremony bouquets were presented to Mrs Bobath by Clare Fisher, a little patient from the Western Cerebral Palsy Centre and by Mrs Anita Loring, Secretary of the International Cerebral Palsy Society, of which Dr Bobath was a founder member.

To England

Dr Bobath was born in Berlin where he qualified as a medical practitioner, and has lived in England since 1939. Mrs Bobath, also born in Germany, trained as a gymnastics instructor. She came to England in 1938 and worked with handicapped children in London hospitals.

In 1950 she qualified as a physiotherapist, and a year later, with her husband, opened the Western Cerebral Palsy Centre in St John's Wood, London, for the treatment of patients and training of post-graduate therapists and doctors.

The Bobaths' form of treatment, known as neuro-developmental, is based on regarding cerebral palsy as a neurological condition rather than as an orthopaedic one, and was discovered quite accidentally 32 years ago by Mrs Bobath when she was treating a stroke patient.

Training

Now thousands of handicapped children all over the world have benefitted from this treatment. Each year the Bobaths train about 100 doctors and therapists from Britain and some 50 other countries at their centre. Teachers trained by them are now giving similar courses and in 12 different countries in the world an ever increasing number of therapists are being trained.

The couple have published many studies of the early diagnosis and treatment of cerebral palsy, both separately and together, and have given lectures all over the world.

Speaking at the Award Cere-

Yet another example by Christopher

CHRISTOPHER HILLS, of Abbots Langley, Hertfordshire, a finalist in the Society's 1974 Achievement Award, has achieved a new record by raising over £500 in a 20-mile sponsored walk in aid of Watford Spastics Centre. Chris was one of the 62 Club team which climbed Snowdon some years ago. Said Mr Paul Maden, organiser of last month's walk, 'He is always ready to help us and is a wonderful example.'

THE Saturday Club of Burnley, Lancashire, is a voluntary organisation which looks after handicapped children for a couple of hours once a fortnight while parents take a much needed break. The club is also collecting Green Shield Stamps to send a party of handicapped people on a pilgrimage to Rome.

A GROUP of British Airways employees are planning to provide a holiday in Jersey for 50 handicapped and deprived children. They have already collected £1,600 towards their target of £2,500.

THE idea for the holiday was inspired by a TV 'Magpie' appeal and the children have been selected by Break, an

organisation which provides holidays and short stay care for children in special need.

EAST London taxi drivers provided an outing for 200 spastic and spina bifida children to Maldon in Essex. The cabbies provided free transport, refreshments and all entertainments. They were also accompanied by a number of off-duty policemen who acted as extra helpers.

PROCEEDS of the 20th annual ball held by the North West Surrey Group of The Spastics Society amounted to more than £1,150. Part of this money will go towards running costs of the White Lodge spastics centre, Chertsey, the rest will help adult spastics in the area.

BLACK BEAUTY, the horse which starred in a recent children's television series, was guest of honour at the annual fete held at the society's Princess Marina Centre. Over 1,800 human visitors also attended and the event raised a record total of £1,500. Many of the items on sale had been made in the centre's workshop and residents also displayed their agility at wheelchair football.

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Neighbours were against home for spastics — now they are friends

WHEN it was first suggested that a large Victorian house in Salisbury Avenue, Harpenden, should be converted to become an adult house unit for 26 spastics, there was quite a furore in the surrounding area. Neighbours protested, and some even got up a petition which they presented to the local council.

But all that is in the past now. Neighbours are friendly, people — especially young people — are beginning to visit the centre and take an interest, and one of the most virulent petitioners has applied to join the League of Friends.

Walk down Salisbury Avenue, and it is just as likely that you will pass by the unit, without even realising that it is a Spastics Society centre. The designers have taken a lot of trouble to see that the new extension blends in with other buildings in the area.

At the moment there are only 16 residents there, although another 10 will be moving in before long. Among those who are already there is 59-year-old Dolly Eagle, who until she moved to the unit was a patient in a hospital

for the mentally handicapped, where she had lived for 16 years.

Dolly is a great favourite of Warden Mr Jim Proctor and his staff. Before she moved in they were amazed to receive a visit from her 88-year-old mother, who made a point of vetting the unit before allowing her daughter to move.

'It's wonderful here,' said Dolly. 'I like it very much, and I certainly would not want to go back to hospital.'

Also among the residents are two married couples, Rosemary and Paul Holmes, and Ian and Carol Bentley. For them, adjoining rooms have been converted into little flat-lets.

There are a total of 25 bedrooms in the unit, and they are organised into blocks of about six bedrooms each. Each block has its own lounge, with television, radio and a small galley for light meals and cups of tea or coffee. There is also a bathroom, with a purpose built shower arrangement, and a separate toilet for each block.



RESIDENTS take time off to enjoy the sunshine, on the patio, which is easily accessible from every bedroom.

In addition there is a large communal lounge, which contains an enormous colour television. And, of course, there is a main dining room adjoining the kitchen. The laundry contains both a large washing machine, with tumble driers, rotary iron and so on, for staff to cope with bed linen and other major items. And there is a small machine for residents' personal use.

The unit has been extremely well thought out. There is a long ramp leading up to the wide front porch. Corridor walls are fitted with plastic strips, low down, to protect them from wheel chairs, door handles are big and bulky, so that handicapped people have no problem in handling them, lights are controlled by large rocker switches, which turn on at a touch.

There are many safety features, too. For example, bedrooms all open to the outside of the building. This permits a quick escape in case of fire. And it also enables each resident to have his or her own stretch of patio outside.

In case of emergency there is the bleep system. All a resident has to do is to press a button on a special control panel in the room. This transmits a signal which causes a device carried by the warden to bleep. If it beeps once, then the emergency is in number one block. Three times and it is number three block, and so on. When he arrives at the relevant block, he can see in which room the emergency button has been pressed, by a red light which flashes above the door.

Residents at the unit attend the Abbots Langley work centre, which has now been in operation for about a month. All in all they enjoy a very large measure of independence, which would not be possible but for the care and planning that has gone into the design and construction of The Spastics Society's Adult House Unit at Harpenden.

PETER COOK.



ROSEMARY and Paul Holmes in their comfortable little two-roomed flat—ideal for a young married couple.

IMPORTANT INSURANCE ANNOUNCEMENT Use of Tricycles by Handicapped Persons

ALTHOUGH there is no legal obligation to cover by insurance the use of an unpowered tricycle by any person, handicapped or otherwise, accidents causing personal injury or damage to property might give rise to claims for damages by third parties. It is, therefore, recommended that both users of machines and those permitting their use should have third party insurance to provide cover both on public roads and within the confines of private grounds.

Under its Public Liability Insurance, The Spastics Society has the appropriate cover for tricycles not licensed for road use, used by persons in its care, but users and others responsible, eg, parent or guardian, should obtain cover for themselves where such machines are being used otherwise, irrespective of whether the Society has supplied the machines in the first place.

Tricycles licensed for road use are in a different category since a Certificate of Motor Insurance is required and a motor insurance needs to be arranged.



SETTING up house is no problem for Ian and Carol Bentley, another of the married couples at Harpenden.



DOLLY EAGLE, 59, enjoying a quiet moment in her spacious but comfortable bedroom, fitted out with most of the conveniences a resident is likely to require. It is a far cry from the hospital which she used to call home.

BELOW: A wide, but not too steep ramp, leads up to the front porch. But the Unit does not give the appearance of being a 'home for the handicapped.'



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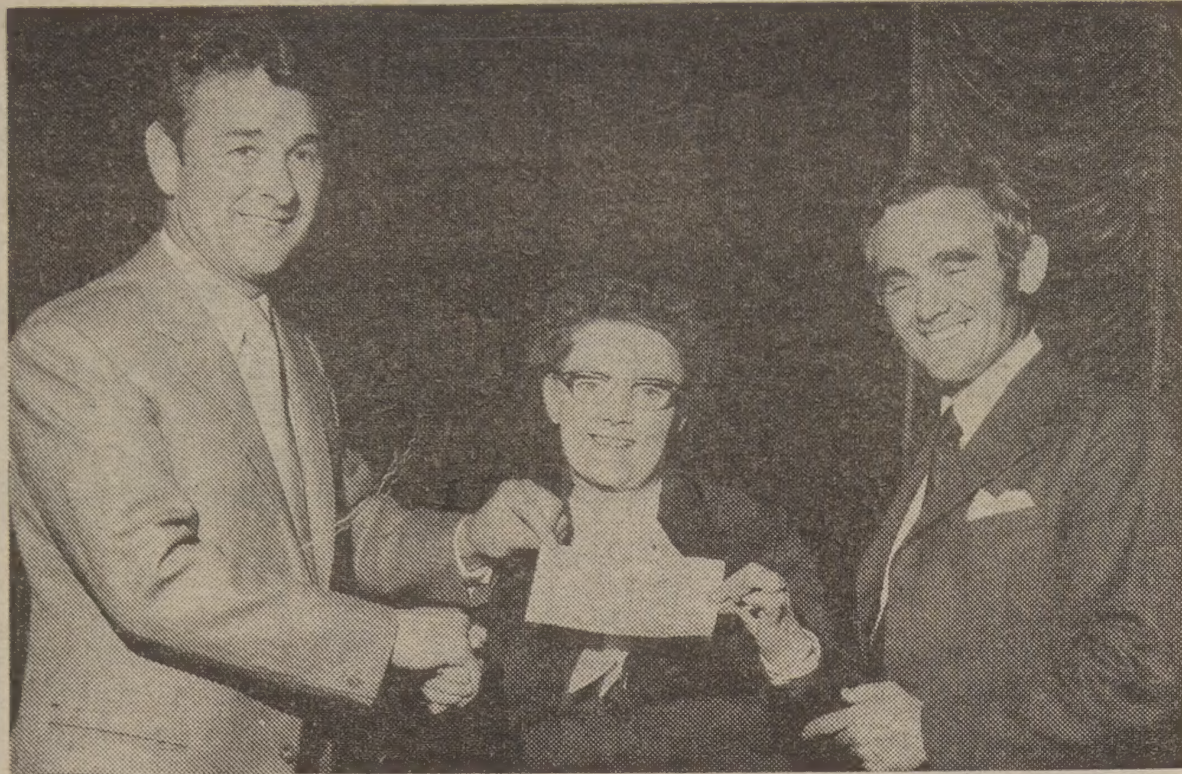
News about the Spastics Pool

Donation for Devon volunteers

A £2,000 DONATION from the Good Neighbours Trust has enabled Devon and Exeter Spastics Society to commence work on a Swimming Pool. Immediately the cheque was presented to Mrs K. Vranich, honorary secretary of the Society and joint secretary of the Swimming Pool Appeal Committee, work commenced on the major task of excavating hundreds of tons of earth from the site of the pool.

The Good Neighbours Trust donation was handed to Kay Vranich by Geoffrey Arter, Secretary of the Trust, and a Director of Top Ten Promotions, and George Abbott, Organiser of the Collectors' Club.

Picture shows Councillor S. Honeywell, a former Mayor of Exeter, far right, lending a helping hand, assisted by members of the Pool Appeal Committee, and friends of the local Society.



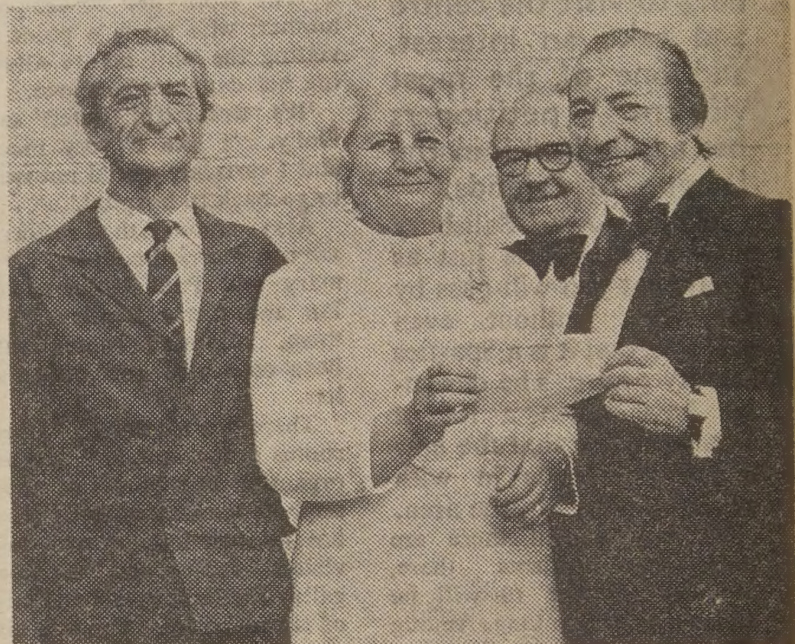
MRS MARGARET FIXTER, of Leicester, became the second person within a month to win the £10,000 first dividend outright. Margaret, who joined the Pool seven weeks before her win, has only recently returned

with her family after a three-year spell in Tasmania.

Picture shows that well-known face in football, Brian Clough, handing the cheque to Margaret with Regional Manager Joe Keilly looking on.



MRS TITCOMBE, of the local Spastics Society at Colthorp, hands over a cheque for £2,000 to Mrs Lynn Taylor, who qualified on the first dividend of the Spastics Pool. Lynn lives at Cresswell Road, Newbury.



GRANDMOTHER Mrs Joyce Earle had a dream come true when she met her favourite band leader Joe Loss. The world famous musician played at Stroud's new Leisure Centre and presented a £680 cheque to Mrs Earle and her husband Ronald, of Moseley Road, Cashes Green. They won the money on the Spastics

Pool. Said Mrs Earle, 'It is really wonderful, I have always been a fan of Joe Loss and we have a great many of his records. I never thought I would meet him one day.'

Joe is seen presenting the cheque to Mrs Earle. Also present are Ron Earle, left, and Mr Owen Dullea, area representative for the Spastics Pool.

MP takes Peter to task on mobility aid

I HAVE been reading Spastics News for July.

As an MP who takes a close interest in the problems of disabled people, I was amazed at the letter you published from Mr Peter MacBryan on mobility help.

Mr MacBryan's letter suggested that the Government are being dilatory about implementing certain recommendations in Lady Sharp's report on the mobility of physically disabled people.

In fact, the Secretary of State for Social Services, Barbara Castle, and the Minister for the Disabled, Alf Morris, themselves published Lady Sharp's report after a lengthy delay by the previous Government. Moreover, they immediately announced, after taking office, that their decisions on the report would be taken in consultation with disabled people.

As promised, they have talked with disabled people and not at them.

Last September, after their consultations, the Ministers announced a major step forward in mobility help for the most severely disabled, including many spastics who have never been helped before. What strikes me as most important in the new scheme is that it will give help, for the first time ever, to disabled people who (unlike Mr MacBryan) cannot drive a vehicle.

Thus, for the first time, there will now be mobility help for severely disabled children, again including many spastics. From early next year, a new cash mobility allowance will be available. This will be a weekly benefit of £5, subject to tax, and will enable beneficiaries to choose the form of help which best suits their needs.

Cash help now becomes the main provision. The invalid

three-wheeler will remain only an alternative to the mobility allowance for disabled people who would prefer to keep their vehicles.

This is as it should be. In moving toward helping disabled people to choose for

MacBryan. I note the organisation named under his signature. In the interests of further progress in the mobility field, one can only hope that he does not speak for the Joint Committee on Mobility for the Disabled.

SYD TIERNEY, MP,
House of Commons,
London SW1.

Letters to the Editor

themselves, the Government is moving in the direction that most disabled people favour.

Eligibility for the £5 a week allowance will not be confined to drivers or car owners. The new benefit will go to possibly 100,000 more people than benefit at present, and the Government's expenditure on mobility help for the disabled will more than double.

The Department is known to be currently reviewing the question of driving instruction for the drivers of three-wheelers to see what improvements can be made to the present practices. Whatever is done, we must, however, face the facts. The main fact is that even the most competent driver of any vehicle is liable to be involved in an accident through no fault of his own, and that large numbers of disabled drivers go through their driving careers without ever being involved in an accident of any kind.

I find it most remarkable that Mr MacBryan should not have said a single word in praise of Ministers who, for the first time in the history of this country have brought mobility help to up to 100,000 people who are too disabled to drive.

Even the entirely new help offered to severely disabled children was ignored by Mr

Help with telephones

AS a social worker with The Spastics Society I was recently dismayed to discover that I was unaware of aids available from the GPO to enable handicapped persons unable to use an ordinary telephone to operate one. The rental for such attachments is quite heavy and they may not, of course, be suitable for all heavily handicapped persons. It would be possible to approach Social Services departments for assistance with the rental or, in the case of children under 16 years, the Family Fund, but this should, of course, be done before obtaining any such device.

P. O. Wallbridge (Mrs),
Family Services and
Assessment Centre,
Fitzroy Square,
London W1.

Experiment at Meldreth

THE article in Spastics News concerning our work in the Psychology Department at Meldreth Manor School, tends to overemphasise a very small aspect of our work. The study you quote was a minor exploratory project.

Our primary interest has

been the development of techniques to increase the attention to task of distractible, poorly motivated children in their classroom setting. Any ingenuity on our part has not been in using video recording procedures through a one way screen—this is a fairly standard technique—but rather in directing a teacher by use of a 'bug-in-the-ear' to interact with children in a way determined by the experimenter in the observation room. By cueing the teacher to give praise enthusiastically only when a child has attended to his task, and to ignore inappropriate behaviour, we have achieved exciting results. One child's attention to task was shifted from 9 per cent to 96 per cent within two weeks. We did use this technique with the child who rarely vocalised with some success, but it is not a procedure that we have explored extensively.

Your article contained a factual error which must be corrected. We do not send video recordings to parents. This mistake would seem to stem from the statement that we hope in the future to use video recordings of the Paget Gorman Signing System to help a small number of parents in signing with their children at home. Such a scheme would depend on the goodwill of departments with compatible video equipment giving time to parents living far from Meldreth. This idea is at the exploratory stage.

Thank you for the opportunity to comment upon the article, and thank you for your interest in our work.

Malcolm C. Jones,
Senior Research
Psychologist,
Meldreth Manor School,
Nr Royston,
Herts.



MRS DORIS CARLILE, of High Wycombe, won a brand new Vauxhall car recently and the presentation was made by Ralph Denne, Managing Director of Devenport Vernon Ltd,

far left. Also present were, from left to right, Mr G. Carlile, Ian Mahany, Mr J. C. Vocking, area collector for the Spastics Pool, and Mr D. Bech, the area supervisor.

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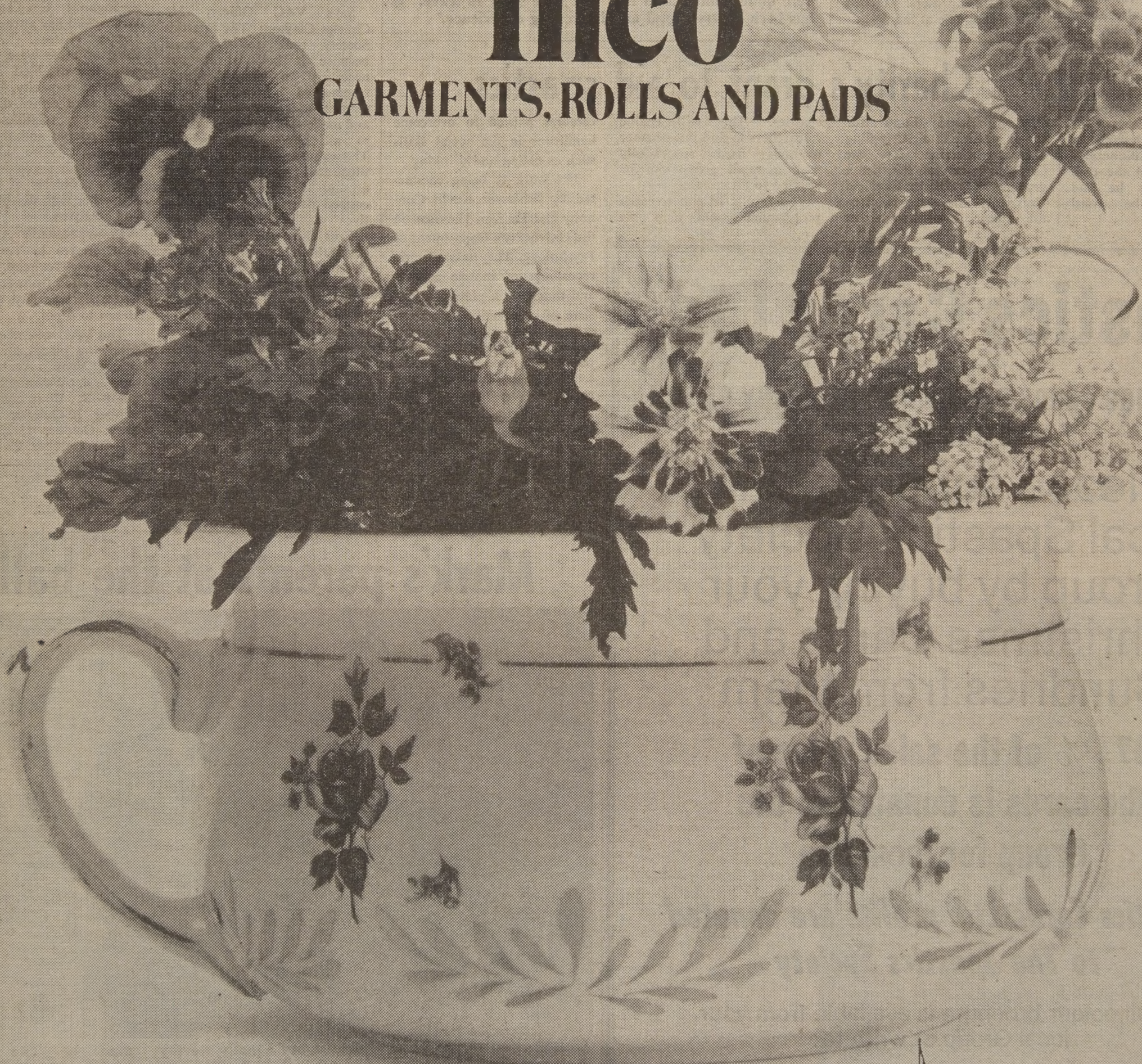
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Handicapped socialise in Cornwall — thanks to local group

THE Third Wednesday Club of Penzance, Cornwall, is a group of handicapped men and women, mostly spastic, who meet once a month for a social get-together.

The club, run by members of the West Cornwall Committee, Cornish Spastics Society, enjoys a varied programme of events, ranging from talks, slide shows, and evening outings to Cornish pasty suppers, folk songs and other entertainments.

At a recent meeting, members heard a talk about the Llanivery Field Study Centre near Bodmin, which is a joint project of The Spastics Society and the Cornish group. Here, people with any kind of handicap can take an active part in learning about the countryside. Study courses which include canoeing and pony-trekking are arranged mainly for children, but there are also some special courses for adults.

Another visitor to the Third Wednesday Club was John Chubb of the Society's Gladys Holman House, Camborne. John, who was a finalist in this year's Achievement Award for spastics, is a Gold Medallist in the Duke of Edinburgh's Award, and he told the club about the projects he had accomplished in the award scheme.



Now IS the time to help

THE NORTH London Spastics Association has won a first prize in the Hornsey Carnival competition, with a decorated float depicting the theme 'Time.'

This showed a model clock tower with the legend 'Now is the time to help spastics,' and four figures in the image of Father Time. 'Past, Present and Future'

In December this year, the North London group celebrates its 25th anniversary with a dance at Alexandra Palace. All friends are welcome to attend and there will be full access for wheelchair users. Tickets will be available at the door.

Yes, they are quite human at headquarters

A FORTNIGHT'S office work experience at the Society's London headquarters has proved highly successful for three senior pupils of Thomas Delarue School.

This summer, Debra Reynolds, 16; Janet Lewes, 17; and Carole Matthews, 18 (seen left to right in our picture) are leaving Delarue, the Society's grammar school in Kent. As reported in last month's Spastic News, they came to London for some practical experience of office work before deciding on further training for a business career.

Said Carole, who helped out in the Information Department at Park Crescent: 'We expected tight-lipped coldly efficient secretaries who would do nothing less than kill us if we spelt a word wrongly and who would keep us working all day long. But in fact we found the staff were quite human after all! We were sorry to leave. It has been a very useful and interesting experience.'

Charity's grant to aid spastics

THE National Fund for Research into Crippling Diseases (Action for the Crippled Child) has awarded a grant of £14,000 to Sheffield University for research into the motor co-ordination of

spastics. This will enable researchers to find out whether methods used successfully with a small group can be applied to all spastics.

The results of the research programme could help the

cerebral palsied to overcome handicaps in the social skills such as eating and drinking.

The work is being conducted by Professor Kevin Connolly and Dr Ann Harrison in the University's Department of Psychology. They take electric recordings of muscle activity and thus gain a picture of the state of contraction in muscle groups involved in specific movements. With this picture patterns of movement can be set up which the spastic can reproduce physically.

So far the research has involved only 10 adults, but children may be included over the next three years. If successful with increased numbers, the research could form a basis for a therapy technique.

5,000 mile tour reveals: Disabled don't know about aids to make life easier

THE majority of disabled people are just not aware of how they can be helped by modern technology. Nine out of 10 do not know about many of the aids and appliances which can make their lives happier and easier, and improve their mobility.

This fact emerges as a result of observations made by the staff of The Spastics Society's Visiting Aids Centre, a mobile exhibition unit which tours Britain to give handicapped people of all kinds a chance to see these aids for themselves. The exhibition carries 180 separate aids, together with a detailed card index containing information on a further 600. These range from screw cap removers and needle threaders to hoists and ramps.

The Centre clocked up a notable record on July 21 when it visited its 100th site at Newton Abbot.

Says VAC Officer, Mr Charles Clayton: 'The Spastics Society took to the road because it believed it was necessary to collect widely fragmented information concerning aids under one roof and make this readily available to all handicapped people. The value of this approach is illustrated by the fact that around 95 per cent of handicapped people and their relatives visiting the exhibition tell us they are surprised to learn that there are so many different aids available to help make life easier for the disabled. Many of those working professionally with the handicapped are also unaware of the multiplicity of aids available today.'

Although sponsored by The Spastics Society, the exhibition carries information on aids covering a wide range of disabilities including rheumatism, muscular dystrophy, multiple sclerosis, and the infirmities of old age, as well as cerebral palsy. Indeed, the

biggest number of inquiries come from those suffering with arthritis, followed by spastic people and their families. Considerable interest has been shown by men and women who have suffered strokes as well as those with congenital or acquired crippling conditions.

The Society's unique travelling exhibition was contained originally in a vehicle adapted as a short term experiment. Because it proved to be so successful the original model has now been replaced by a new vehicle, custom-built for an improved information service, with many more items. It is believed to be the only mobile exhibition with wheelchair access via an hydraulic lift.

To date the VAC exhibition has travelled over 5,000 miles throughout England and Wales, and has attracted nearly 18,000 visitors. Almost a third of these were concerned with the disabled in a professional capacity, a further third were either disabled or immediate relatives of disabled people and the remaining third were able-bodied people with a genuine interest in the problems of the handicapped or with disabled friends and relatives.

From Newton Abbot, the VAC moves to Torre Abbey Meadows, Torquay, where it will be sited from August 4-14 and open weekdays only from 10 am to 6 pm.

The VAC will also visit the following places on the dates shown: Yeovil: August 26-September 4. Weymouth: September 8-18. Bournemouth: September 22-October 2. Salisbury: October 13-23. Isle of Wight: October 27-November 6. Southampton: November 10-20. Worthing: November 24-December 4. Crawley: December 8-18.

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5NAU21

Mark's parents at the ball



SINCE the marriage of their son Mark to Princess Anne, Mr and Mrs Peter Phillips have become familiar with the inside of Buckingham Palace and the splendour of some of the lavish functions there. However, they still find time to attend less cele-

brated but equally worthy events such as the Thamesdown and District Spastics Association's Summer Ball, for Mrs Phillips is President of the group.

Seen here enjoying a pause in the proceedings, which raised £300, are Mrs Joyce Smith, a Vice-Chair-

man of The Spastics Society, Mrs Phillips, Mrs D. Bampton, Chairman of the group, and the Mayor-ess of Thamesdown with, standing, Mr Phillips, the Mayor, and Mr E. Bampton.

Picture by courtesy of Wiltshire Newspapers.

Training for life country style



JOHN mows just one of the lawns flanking the spacious and gracious Lufton Manor House.



DAVE KING, farming instructor, with Graham, tending the Lufton sheep.



BOB ASHE, left, a horticulture instructor, is very definite on why he has been at Lufton for nine months. Job satisfaction—'I'm not working just for a pay packet at the end of the week.'



TO market to market to buy a fat pig, but in the meantime Stephen is on hand to water them in the hot weather. BELOW: Dave King, farming instructor, stands on the trailer to lend a hand stacking hay.



Spastics News looks at a unique experiment down on the farm

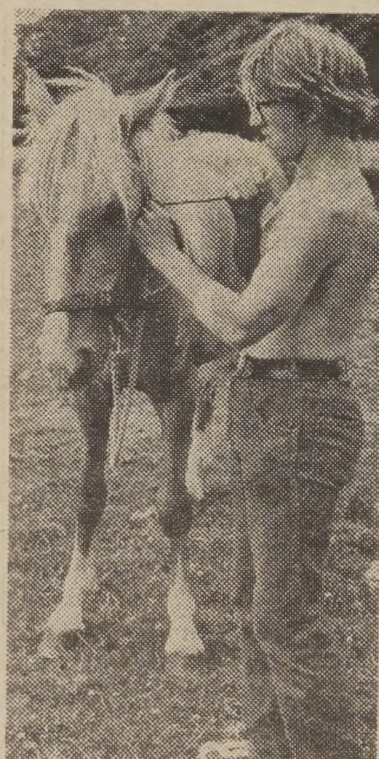
IT is not every model dairy that has a Greek inscription incised on the lintel of the door but then Lufton Manor, which has such a dairy, is no ordinary establishment.

The Greek, once translated, reads: 'My strength is made perfect in weakness,' and that saying from the Scriptures, II Corinthians, XII, ix, in one way sums up what Lufton Manor is all about.

It is the Rural Training Unit run by the National Society for Mentally Handicapped Children in the rich farming country just north of Yeovil in Somerset.

David Carter, the Director, explained how this unique project which sets youngsters, all with a low intelligence level but some with additional handicaps such as cerebral palsy, deafness and loss of limbs, on the way to a useful, fulfilled life.

'Lufton Manor is a national project. The Society started thinking about it possibly 10 years ago after the success of another experiment at Slough which proved that youngsters could be taught simple repetitive jobs



STEPHEN harnesses up Kochi, the lone Lufton pony. Soon it is hoped he will be joined by more horses as the farm gets together with the Local Riding for the Disabled Association group.

which they could hold down — providing they were given the right supportive training and back-up. So the ambition grew to do the same thing, but with a rural bias. It then took time to find the money and find Lufton.

'The Manor House was built on the site of an earlier home at the turn of the century by a local family who, though not noble, were wealthy. There was a massive estate round it but the family died, the land was split up, and when we came to purchase it we got the house with 42 acres. I would have liked more but this is expensive farming land and portions had been hived off so we have vegetable land at East Coker, a village three miles away, which means the trainees have to commute.

'The unit is divided up into highly specialised agriculture and horticulture. We emulate commercial conditions of employment and we have a few cows, sheep, pigs and poultry in season. Although small in acreage and without enough land for arable farming in a big way, we can grow all our

own potatoes, kale and cow cabbage for the livestock. On the horticultural side we inherited first of all, a very beautiful, somewhat derelict ornamental garden of two acres. It was well-planted and it took time to weed out, but even that was good training. Now we've added nurseries and there is a large quantity of potting and bedding plants, container grown plants, tomatoes under glass and so on. The glasshouse industry offers a lot of opportunity for youngsters whom we can train in the semi-skilled repetitive work. Here, and at East Coker, we are also growing fruit and vegetables.

'As a unit we are unique, but what we are doing here is being copied by local authorities, hospitals and individuals and it is increasing all the time.'

Lufton takes on 50 youngsters—almost all boys but with one or two girls. The work is less appealing to girls and some parents are hesitant of letting their daughters away from home to a male-dominated unit. Their intelligence quotient can be anything from

very low, around the 40 mark, to nearly normal at 70 to 75. What David Carter and his staff are looking for is an enthusiasm for the job. 'Mixed ability groups are a good idea because they can be occupied in different ways round the unit without affecting each other's performance, and in addition there is the benefit that they help train each other. When we select from the whole country we are looking for the enthusiasm to follow the vocation, and aptitude, and you can see this whatever the ability range.

'We don't take much notice of the IQ range. It is what they want to do, and what we can do to raise their potential to the maximum, that counts. All the kids that come here are sponsored by their local authorities; we don't look at cheques across the table. It doesn't matter if it's a millionaire's son—and we've had one—they've got to be sponsored by their authority because we want that authority to be involved with the youngster when he leaves us at the

Cont on Page 9



CHRIS feeds the delightful calves which will soon find their way to the abattoir.



VOLUNTEERS and helpers enjoy one of the entertainments at the Ida Darwin Hospital, Cambridge.

One to One days bring fun and friendship to lonely patients

THIS year's season of One to One days, sponsored by The Spastics Society, Sembal Trust, Kings Fund and International Voluntary Service, is now nearing its end and the results so far are very encouraging.

The project has two main aims. Firstly, we hope to increase contact between the mentally handicapped people in long-stay hospitals, many of whom are spastics, and the people in their local communities. Secondly, we want to provide a really happy and meaningful day for the residents by organising an event of festival proportions in the grounds of each hospital, and then, as far as possible, pairing each mentally handicapped person with a volunteer for the day.

This partnering enables each resident to become more involved in the various activities than he might otherwise have been able to. This is particularly so in the case of spastics who without a friend would perhaps be unable to move from one activity to another, or to join in some of the games and competitions.

Organisation of the days is a combined effort by the hospital staff, particularly the Voluntary Help Organiser, and the One to One office, based in the national office of IVS in Harlesden. The following 10 hospitals held One to One days in June and July:

Ida Darwin, Cambridge; Forest Hospital, Horsham; Turner Village, Colchester; Harperbury Hospital, Radlett; Brookhall Hospital, Blackburn; Bridge Hospital, Witham; Bromham Hospital, Bedford; Aston Hall Hospital, Derby; South Ockendon Hospital, Essex; and Prudhoe Hospital, Newcastle.

The preliminary figures from the VHOs show that nearly 2,500 volunteers (some of whom were parents) befriended over 5,000 hospital residents and that half of these volunteers were new to the hospital. What is even more encouraging is that over 200 volunteers so far have made arrangements with their local hospital to become regular visitors.

Of the 10 One to One days, no two were the same. Some hospitals, perhaps being more cautious of a new venture, combined One to One with their parents' day, gala day or fête.

It is impossible to mention all the activities that were organised for these days, but a list would include clowns, puppets, tug-o-war, giant inflatables, 'it's a knock-out', wrestling, face painting, steel bands, brass bands, pop groups, fortune tellers and innumerable games and side-shows.

It was good to see volunteers, who perhaps were meeting mentally handicapped people for the first time in their lives, entering so easily into the spirit of One to One and coping so successfully.

At one hospital, 50 of the 300 or so volunteers had come in coaches from a local Community Centre. Some of the older members organised a very popular old time dancing session, having brought with them their own music and a supply of appropriate clothes for the residents to dress up in.

One to One does not finish here. We found so much enthusiasm among volunteers and entertainers that we feel we must carry on to make sure that this enthusiasm and imagination is not lost just because the One to One days are almost over. If you would like to offer your services to a hospital, or would like to attend one of the One to One days still to come in September, then please contact Mike Brown or myself, c/o IVS, 91 High Street, Harlesden, London, NW10, on 01-965 1446.

Peter Limbrick

In brief

BRITISH Rail has announced new facilities and cheaper fares for wheelchair users. They will still have to travel in the guard's van on most trains, but from now on they and one attendant will pay only half fare.

Intending travellers must still obtain permits for their journey in the guard's van and are advised to give at least 48 hours' notice.

CHILDREN at Worlebury Church of England School in Somerset have 'adopted' a severely handicapped five-year-old spastic boy who lives at a special home in Bath. The Worlebury pupils aim to raise a minimum of £30 a year for the little boy.

AUDREY JONES, from South Wales, would like a male pen friend aged 45 to 50, preferably an Invacar driver. Her interests are reading, TV and current affairs.

Please write to: Miss Audrey Jones, 19 Station Road, Ystradgynlais, Swansea Valley, South Wales.

A sponsored walk around the local racecourse has raised the local racecourse has raised £1,500 for Wolverhampton and District Spastics Society, Staffordshire. The money will go towards the annual running costs of the group's centre in Tettenhall Road.

FRIENDS of Hawksworth Hall, the Society's school in Yorkshire, have raised £1,634 over the past three years. This has enabled them to buy carpets, curtains and bedding for the children's rooms as well as making a contribution towards a mini bus, recorders and stereo equipment.

HEMEL Hempstead group has presented £2,000 to the Hertfordshire Spastics Society—the proceeds of a year's fund-raising.

MASTERS and pupils of Stockport School, Cheshire, held a 24-hour bridge marathon in aid of spastics. They expect to have raised between £80 and £90 for Grenville House spastics centre.

Derby mothers run holiday playgroup

FOR the fifth year in succession, the Derby Club for Mothers of Handicapped Children is running a summer holiday playgroup. This takes place from 10 am to 3 pm on Mondays, Wednesdays and Fridays during the long school holidays, and a reasonably priced mid-day meal is the only cost to families.

Inspiration behind the scheme comes from a dedicated group of mothers who, with a few friends, work voluntarily throughout the year to organise the five-week event. They have to find the staff, voluntary helpers, transport, meals and finance; publicise the scheme and persuade the local authority and voluntary and commercial bodies to help.

The playgroup not only provides companionship and interest for the handicapped children but also leaves par-

ents free to go out with the rest of the family for a few hours.

It is held at Ivy House special school, purpose-built for handicapped children which has an adventure playground. Organisers are allowed to use all the facilities of the school, including wheelchairs, playthings and kitchen equipment.

The scheme is largely dependent on voluntary helpers, although a grant from the Social Services department has meant that a few trained staff could be appointed to provide continuity. The regional office of The Spastics Society gives administrative and secretarial assistance.

Daily attendance can be anything between 20 and 35 and as some of the children are very severely handicapped, a ratio of two helpers to each child is considered ideal. Many of the helpers are teenagers from local schools and youth organisations, and the older generation is full of praise for these youngsters' efforts.

Life isn't so sunny for Spanish spastics



LUNCH in the sun for the British visitors.

A DILAPIDATED old house with narrow stairs, no running water or electricity, set in rugged country near Sigüenza, some 40 kilometres from Barcelona, in Spain, spells out hope for the future for 20 young spastics in a country which does not appear to recognise the handicapped as being able to take care of themselves.

The group found the villa, which is called 'The Mesia,' two years ago, and rent it each weekend so that, with the aid of volunteer helpers, they can gain practical experience of independence.

They showed just what they have achieved to British visitors on a Spastics Society Recreational Services holiday this summer, inviting them to a barbecue. The Mesia group had met Bill Hargreaves, the Society's Head of Recreational Services, the previous year.

It was over the barbecue party that the tourists gained an insight into what it means to be handicapped in Spain. They were told that handi-

capped people are forbidden by law to live on their own, they may not marry whatever their age without parental consent, and their Social Security allowance is paid direct to their parents or other relatives. There are only three special schools in a country with a population of 30 million, and two work centres.

Geordi Rietas, the leader of the Mesia group, stressed the importance of independence and integration for the young disabled adult—a point of view which the British party were more than happy to agree with.

THE SPASTICS SOCIETY

Hampton House, Tonmead Road, Lumbertubs, Northampton

Residential Care Staff (Male and Female)

Required to assist in the running of this new Adult House Unit for 26 spastics, most of whom will be out during the day in sheltered occupations.

Care staff will form part of a team whose keynote is flexibility. They will be responsible to the Warden for the personal care and social needs of the residents together with the more general duties of running the unit.

Whilst preference would be given to qualified applicants with previous experience of care work, the Society is anxious to encourage mature young people over 18 to enter upon a career in residential social work. Training opportunities are available.

Five day working week on a rota basis including weekends. Salary within the range £1,514 to £1,961 plus £120 Qualification Allowance if applicable, less a residential emolument charge of £297 per annum. Accommodation comprises single bed-sitting rooms with shared bathroom, kitchenette and lounge. Four weeks holiday plus national general holidays or time in lieu.

Application forms and further particulars from: Schools & Centres Establishment Officer, The Spastics Society, 12 Park Crescent, London W1N 4EQ Tel: 01-636 5020

SNAu17

She ignored advice to stay home and pray...

IN Paddington, London, a wheelchair-bound spastic raised £63 for Christian Aid during a sponsored Church Crawl. Angela Dobson, of Ealing, completed the round of 22 churches, undaunted by the advice of a local priest who told her to sit at home and pray, leaving the action to able-bodied fund raisers. But she brought in the most cash and was the first competitor to hand in the money.

Your recipe for August



TONGUE MOULD (serves 6)

- 6 lambs' tongues
- 3 British eggs, hard-boiled and sliced
- 1 oz gelatine
- 1 pint chicken stock
- 1 lettuce, shredded
- salt and pepper
- 1 cooked carrot, sliced and cut into fancy shapes

Watercress for garnish

Gently simmer the tongues until the skin comes away easily (this takes from three to four hours). Remove skin, halve the tongues lengthways and leave to cool. Dissolve the gelatine in two tablespoons of the stock and when nearly cool add it to the remaining stock. Season well, adding, if liked, a little cayenne pepper. Wet a fancy mould with cold water, or use a round dish. Set a quarter-inch layer of stock first, then in the centre of the base place a slice of boiled egg, surround with carrot shapes and cover with a little of the stock. Leave to set. Place a ring of egg slices over, cover with more stock, leave to set. Lay in the tongues either in halves or sliced as you prefer, top with the remaining egg slices and pour in the rest of the stock, which should be sufficient to cover all the ingredients. Leave in a cold place to set. Place the shredded lettuce on a serving platter, turn out the mould on top of the lettuce and garnish with watercress.

THE SPASTICS SOCIETY

Redcliffe, 21 Salisbury Avenue, Harpenden, Herts

FEMALE RESIDENT CARE ASSISTANT

Required to assist in the running of a new Adult House Unit for 26 spastics, most of whom will be out during the day in either sheltered or open employment. Care staff are responsible to the Warden for the personal care and social needs of the residents plus the more general duties of running the domestic side of a unit of this size. Whilst preference would be given to applicants with previous experience of residential work of this nature, the Society is anxious to encourage mature young people over 18 to enter upon a career in residential social work.

Five day working week on a rota basis including weekends. Salary within the range £1,514-£1,961 plus £120 qualification allowance, if applicable, less a residential emolument charge at the rate of £297 per annum. Accommodation comprises single bed-sitting room, sharing bathroom, kitchenette and lounge with two other staff members. Four weeks holiday plus national general holidays or time in lieu.

Please write giving details of previous work experience and age to: Schools & Centres Establishment Officer, The Spastics Society, 12 Park Crescent, London W1N 4EQ

SNAu18

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SNAu4



THE luxuriant hedge screening one of the lawns gives valuable pruning practice for those who will eventually work in parks.

Country style training

Cont from Page 7

end of two years. Otherwise all that he has learnt is lost if he falls into the doldrums because the authority isn't involved and interested.

'Many that come are school-leavers in the 16-18 age bracket. Their parents have filled in a form and the local authority social worker or careers officer has filled in another. Then I get back-up information, so by the time the candidate comes here I've a pretty fair amount of knowledge. I should like the applicants to stay a week but we're too cramped, and unless they come during one of the trainee's holidays it means a camp bed. I and my staff talk to them in all the different environments on the farm.

'They are also seen by our consultant psychiatrist. We do get behaviour problems but we don't accept those with great aggression—it is too damaging for them and the community as a whole. If we're satisfied, then we hope it won't be too long before they can join us—we don't like to leave a long time between acceptance and starting.

'Towards the end of the two years, about eight weeks before they are due to go, we contact their local authority.

'We stir up the local body because we want to be sure they're going to take a genuine care of him once he leaves us, and we get worried if we don't hear anything in those two months. We have in the past bucked an authority up by bringing in a local MP. The West Country is very good at providing jobs for our lads, but then it's rural country.

Obviously the London Boroughs find it more difficult, by and large, because they've really only got parks and gardens and current high unemployment means that even the rock-bottom labouring jobs in the parks are difficult to come by. Some of the Midland counties are a little unconcerned.

In the six years that Lufton Manor has operated, the selection system has been refined to such an extent that the three month probationary period is virtually always a success.

'During the three months probation the trainees are set to work under John Hayes, the assessment instructor. Their first jobs are the simple ones, emptying the rubbish, incinerating it and learning a wide range of simple tasks. As they do so, John is assessing their attitude to life, their attitude to work and what they feel about Lufton and their training. His comments and findings are a vital part of the decision as to whether the trainees go on to the agricultural, horticultural or livestock side of Lufton. Occasionally they may have a mixed programme and most rarely of all, they may stay with John. He has already produced two handymen's mates, semi-skilled in bricklaying and concrete-laying and holding down jobs

What the lads cannot pick



JOHN HAYES, the assessment instructor, watches as Ian and Nigel plaster the walls of the new stable block being built. John used to be an engineer in the Midlands, but since coming to Lufton has never been back.

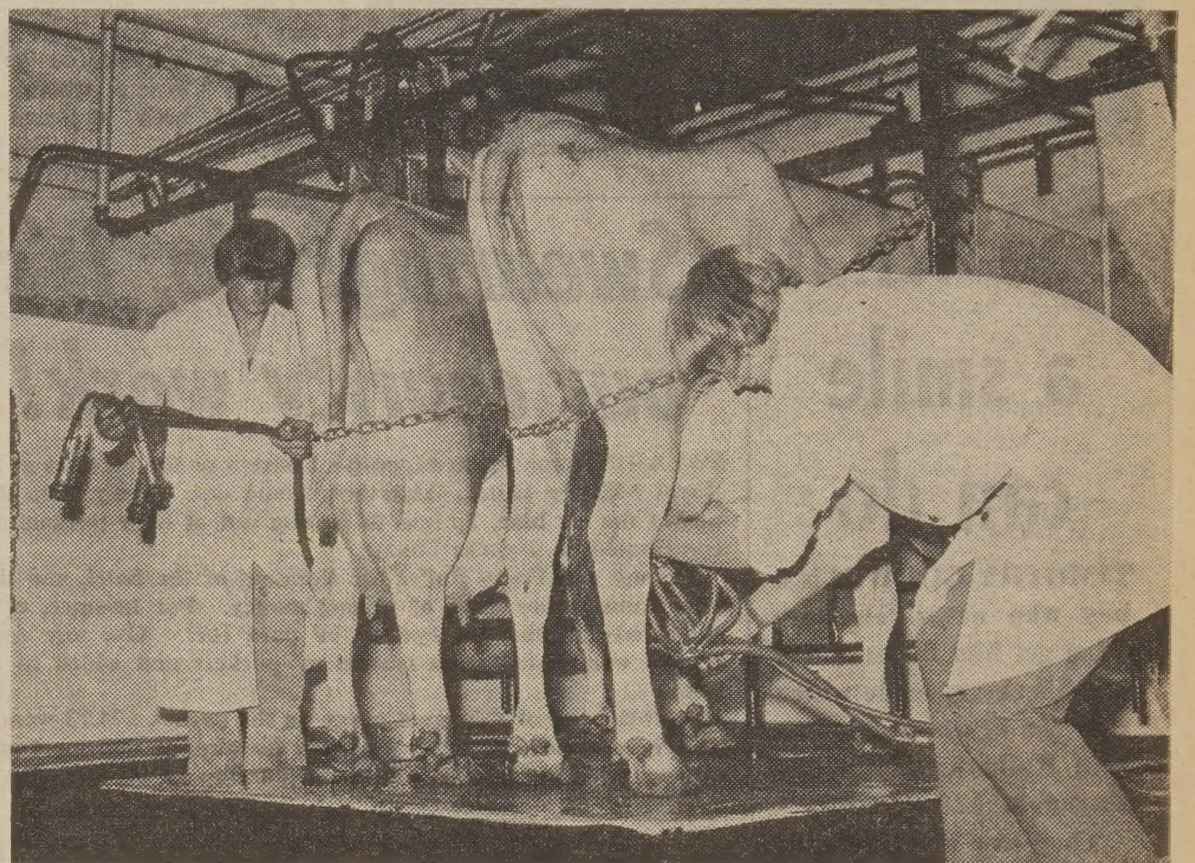


MARTIN operates the rotavator. The trainees handle every type of implement they can expect to use once they start work.

up at Lufton they cull from neighbouring farmers who are happy to extend the training programme in return for the boys' help.

David Carter came to Lufton almost from the outset six years ago. 'I had been in Africa for many years as a professional agriculturist and teacher, and one of the jobs I was given was planning a farming scheme for the handicapped. In the African bush if you can't grow your own crops you starve. In African society any of the disadvantaged fall by the wayside if they can't manage. All the handicapped were lumped together, mentally and physically handicapped, blind and so on. In 1968 I came back, did a course in teaching, and then this job came up and I got it.'

A family man with a son



IVAN and Nigel hitch up Daisy and Araminta in the model milking parlour.

who is a medical student in Belfast, he does not live on the Lufton Manor complex. 'You'd get too involved, you would not be able to stand back and make dispassionate judgments where necessary.'

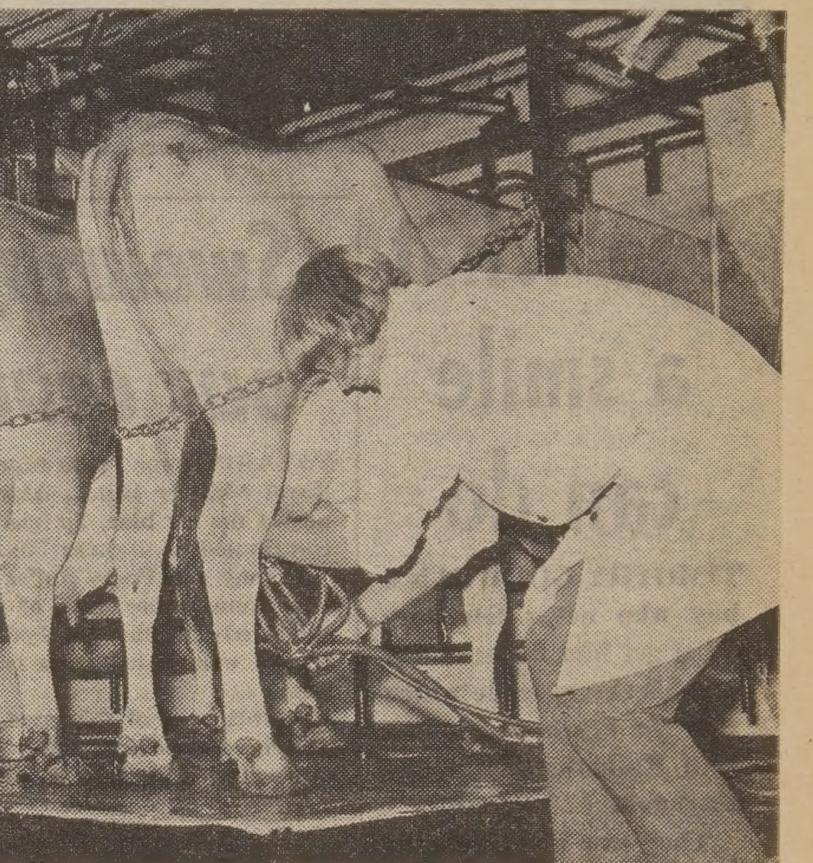
The eight house parents work four days on and four days off so that they can work full out and then have the necessary break. There are eight farm instructors and with part-timers the staff totals 32. The domestic staff all live in the nearby village of Odcombe.

The trainees are called at 7.30 and after breakfast, work from 8.50 to 5 pm. They sleep in chalets, with two bedrooms of four and three, with the exception of those who are very soon to go out. Two soon-to-be graduates share a chalet with a sitting room and kitchen, and they cook their own meals.

In the winter there is a huge barn specially bought by the Lufton Association as a Rumpus Room with facilities for activities from five-a-side football to darts. There are two caravans, one at Bridport and one at Aberporth where they go for weekends, and the trainees get a week off at Easter and Christmas and two



LITA, and Tim Jay, a horticulture instructor in the Tropics! Bananas, pomegranates, passion flowers and palms are among the exotica grown in a temperature of 105 deg F.



weeks in the summer. The cost of a place like Lufton is of course astronomical—local authorities pay the fees of £2,300 pa for each trainee but the capital for keeping it going comes in collecting tins—like every other major charity.

David Carter commented: 'On the farms and gardens we more than break even so we offset any loss. But that profit is not the goal—the goal is the trainability of the kids.'

Liz Cook



JOHN attends to a lucrative line—green pepper plants in the £200 polythene greenhouse which is cheaper than glass to build but costs the same to maintain.

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EDDIE TRIM, residential supervisor, with the Director of Lufton Manor, David Carter, who built the enterprise up to a flourishing farm with 50 trainees.

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SNAu9



Steaming up for another cash success at Lincoln

LINCOLN Spastics Society show committee faces its biggest challenge this summer. For its annual Steam Spectacular, which attracted nearly 150,000 people during its eight years at Caenby Corner, moves to a new and bigger home on the Lincolnshire County Showground, just north of Lincoln, this month.

At a time when steam engine rally organisers throughout the country are faced with rising costs and wondering how to keep their expenses down, the Lincoln-based committee has decided to 'take the bull by the horns' and expand to a new site.

Committee members say they felt they had really gone as far as they could go at Caenby Corner, where the site had been stretched to capacity in 1973 and 1974, and they had no alternative but to

move to a bigger site. But their gamble looks to have been well justified. Steam engine owners from many parts of the country have been attracted to the new ground. There will be possibly more fairground organs than ever before, and the biggest old-time fun fair ever staged by the committee.

There have been so many applications for trade stands that many people have had to be turned away, and there have already been inquiries for space at the 1976 event.

On top of this, two caravan

clubs are holding rallies at the showground in conjunction with the Lincolnshire Steam Spectacular, which takes place on August 16 and 17.

Excursion coaches will operate from several towns, and there will be a special hourly bus service to and from Lincoln, while for the motorists there will be a free car park capable of holding up to 20,000 vehicles each day.

In nearby Lincoln, the show marks the end of a full week of fund raising activities for spastics, and the programme includes church services, a variety show and a fair organ recital.

Since the committee's first rally in 1967, members have handed over around £6,000 to help local spastics, and they are hoping for a bumper amount again this year.

Night out with her newspaper 'Uncles'

THE men of the machine room at the News of the World newspaper in London have a charitable association known as the 'Uncles Club.' One of their heroines is Linda Berwick, who founded The Disabled Fellowship Club of East London, for she used to play the flute with their dance band to entertain the disabled.

Recently the 'Uncles' thought it would be nice to take Linda and her Club out to dinner, but then they were faced with the problem of finding a suitable restaurant. Many places were unhappy about accepting a large group of people with varying degrees of handicaps on the grounds of fire risk or inaccessibility.

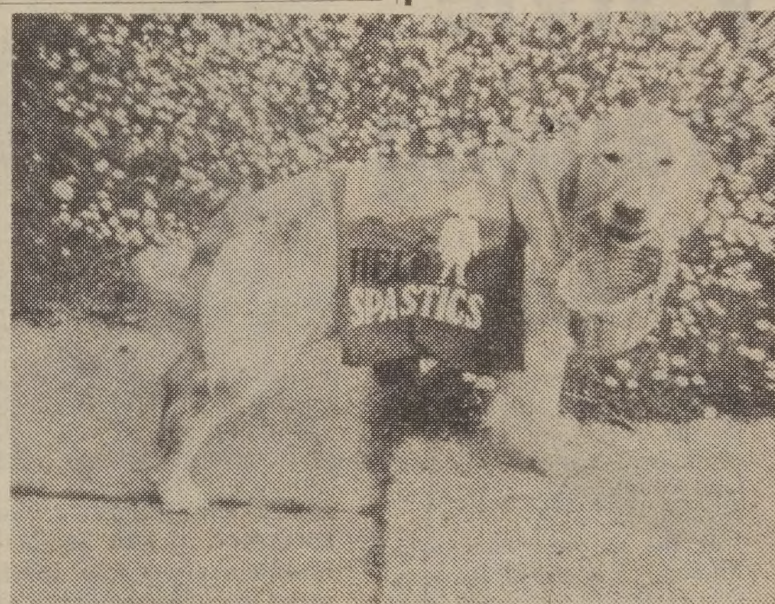
Then Linda rang The Spastics Society headquarters, which was able to recommend the Vitello D'Ore in Great Smith Street. The East London Spastics Society, the British Red Cross and the Disabled Fellowships' own vehicle were called in and used to transport the guests to the restaurant where a special ramp had been fitted to help those in wheelchairs.

Kitchen staff and waiters rallied round helping with cutting up food, and the high spot of the evening was the community singing which followed the meal.

Bill Heap played 22-year-old hock bones like spoons, Joan Shenton, of London's Capital Radio, and Thames TV's Good Afternoon programme and Vice-President of the Fellowship Club, sang 'Guan Tana Meria' in Spanish and then a medley of Portuguese, Greek, Cockney and Negro songs were sung.

Afterwards Linda said, happily: 'It was one of the happiest evenings I have spent for a long time, and will always remember with affection the men in the machine room at the News of the World.'

Our shaggy dog story



Sheula, a dog belonging to a member of staff at the Society's Daresbury Hall Centre near Warrington, Lancashire, was an enthusiastic collector at the centre's flag day. The collection, held in Run-corn Shopping Centre, raised nearly £89 for Daresbury Hall.

See what a smile can do

TIMOTHY GODWIN is a boy who never lets anything get him down and it was his cheery smile which won the hearts of regulars at a Rotherham pub, the Haynook.

They saw him sitting in the back of his father's car outside the pub from time to time, so when the pub's social club won a black and white TV in a competition, it was decided to raffle it and use the cash for Timothy. Such was the response that with an additional donation from the club a battery-operated chair was bought to enable Timothy to get about the estate where he lives. The social club secretary Roy Wainwright said: 'Most of the customers have got to know young Timothy and have been impressed by his friendly nature.'

'We did not expect our fund raising to be so successful. The licensee and his wife, Gordon and Pat Leake, helped out by providing extra prizes.'

Soon Timothy will be able to take himself off to the pub under his own steam to celebrate—even if the tot is just orange juice.

Picture by courtesy of The Star, Sheffield.

Swearing? No, it's our charity work!

SWEARING can be an expensive business as the regulars at the Royal Military Hotel, Aldershot, found out. Every time they turned the air blue, 1p had to be dug out of their pockets and contributed to a swear box.

Tony and Peggy Butler are licensees of the hotel, and they have found other ways of raising money. For instance, every single trip to the loo had to be paid for! Also any small change was ousted from customers' pockets and added to the funds.

At the end of this great purge on the pocket, £74.73 went to The Spastics Society. It is probably no surprise that most of it was collected because people could not stop saying . . . *!

The word we can spell is 'thanks'

THE spelling abilities of 200 children from Elmfield Junior School, Doncaster, Yorkshire, will help spastics to go on future holidays.

The children, aged between seven and 11, took part in a sponsored spell. Each child was

given a list of 30 words and told to learn the spelling. After a week they were tested by teachers and money was collected from sponsors according to points gained.

The effort brought in £100 which will go towards the purchase of a holiday

bungalow for spastics and their families.

Picture shows Sara McLoughlin and Paul Maxfield, both aged 11, handing the £100 cheque to Stephen Terry, Chairman of Doncaster and District Spastics Society.

Picture by courtesy of Doncaster Evening Post.



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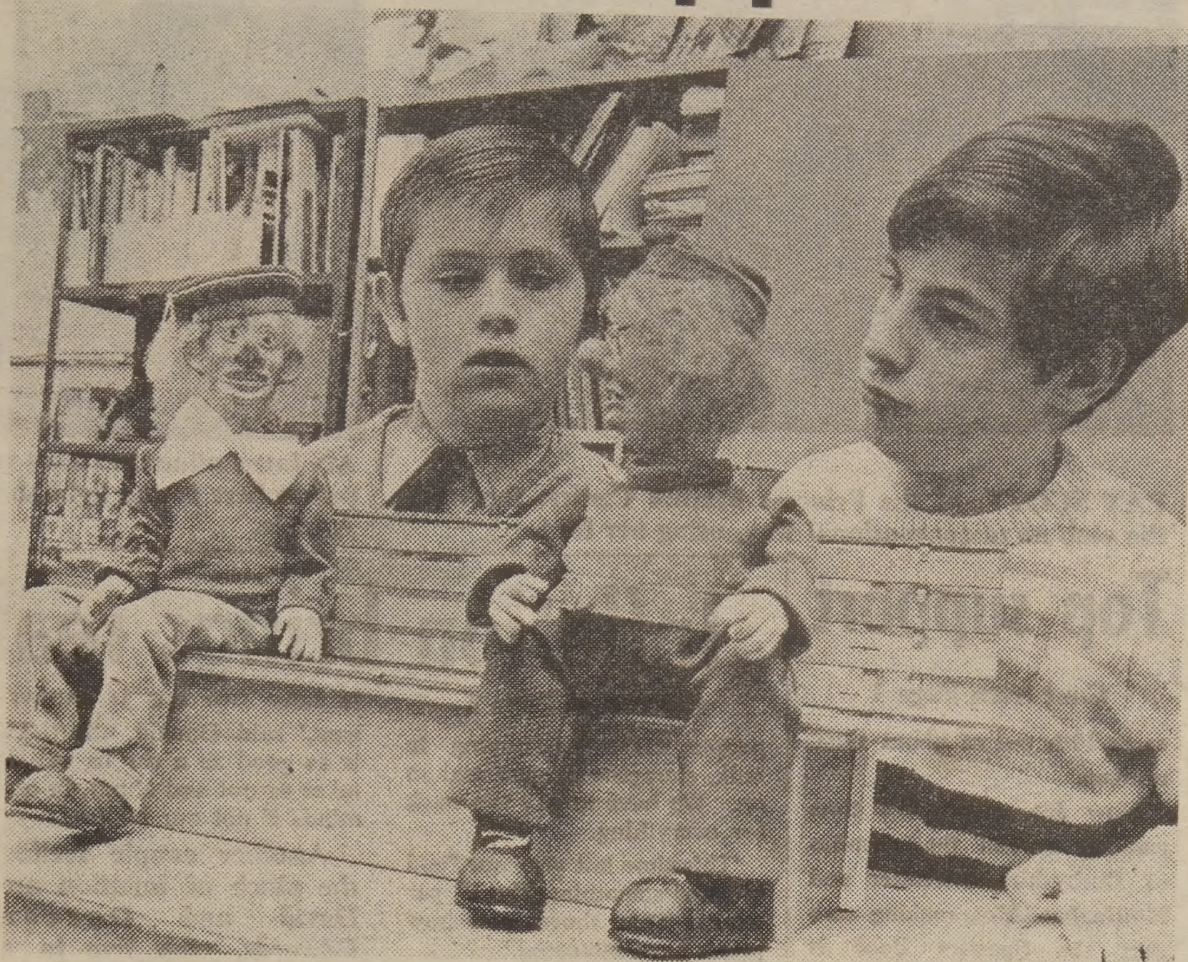
Welsh school celebrates 20 years of happiness

THE school that is just like home has just celebrated its 20th birthday. Its headmistress, Mrs Cecily Kearslake, remembers the first day she stepped inside and the builders were working frantically to convert a family mansion into the first school for spastic children in Wales.

In six weeks the first 13 pupils would arrive, and as she stood among the plaster and wood-shavings Mrs Kearslake's total assets were 36 pink plastic beakers. But the grounds were full of daffodils so she gathered an armful for the beakers, and she has been filling Craig-y-Parc School, Pen-tyrch, with fun and flowers ever since.

The mellow, beautiful house where happiness greets you as you walk through the front door has fulfilled its destiny, for as the architect planned its spacious corridors, wide doorways and sun-filled rooms he used to tell his friends, 'One day this place will become a hospital or a school.' Now it's a combination of both, and the many modern additions have been carefully designed to retain the feeling of home.

But it's not just the build-



CRAIG-Y-PARC pupils Terry Cowlard and David Clarkson act out a story with puppets.

Picture by Keith Lewis.

ing that welcomes you, it's the warmth that can come only from good human relationships where everyone gives rather than takes. 'Like all big Welsh families, we have a strong sense of concern for each other that overlaps our duties and means that all the staff give that bit more than they need to,' said Mrs Kearslake.

That's the bit that brings laughter and liveliness to classrooms full of bright little faces, and means that from the gardener who leaves his plants to give a child in a wheelchair a push, and the domestic staff who know all 62 children by name to the driver of the Craig-y-Parc mini-bus, the work is clearly a labour of love.

It's hard work, too, for the 17 houseparents who send the boarders off to school each morning sweet, clean and happy and the teachers who bring into flower their particular talents.

'Our children vary in ability but not in importance. We had

one boy who reached university and our academic pupils are transferred to the Spastic Society grammar school. But most stay with us for the sort of education provided by a secondary modern school, plus excellent therapy and all the specialisation provided by the eight highly-skilled, all-round teachers who never miss a chance to bring on a child,' said Mrs Kearslake.

Mr Jack Pettican is one of these, but his speciality is woodwork and science. The child who writes a story knows that Mr Pettican's puppets can be relied upon to act it out. He makes foot pedals and hand levers and page turners and all the other improvisations that take the frustrations out of small lives.

Every aspect of normal school life is aimed for at Craig-y-Parc. There are touches of luxury that only a donor can buy, like the swimming pool and sandy beach provided by someone local.

Or the 'Basset Room' donated by someone who felt the seniors ought to have their own 'den.' Even pets are not forgotten with Hector, the dog, and Mrs Kearslake's two cats ready to provide a bit of solace when an animal friend is missed during term-time. Physiotherapy and speech therapy help build the children's confidence, but parents of new pupils sometimes need reassurance.

Sometimes the help is needed by parents anxious about their child's reaction on leaving home. There is a flat where they can stay overnight and then follow their child through a typical school day, asking any questions they want to and taking part in a case conference with everyone connected with the education and general well-being of their child.

Rising costs are a worry that shows no signs of vanishing but the eight members of Craig-y-Parc Concern are working even harder, despite full-time jobs, to spark off the ideas and organise the functions that bring the public who bring the money and the interest without which no charity can survive.

Finance and general administration are the province of the general management committee of 10 people appointed by The Spastics Society, who not only give constant support and advice but take a deep personal interest in the children. Miss Miriam Jowett, their chairman, is a frequent visitor to the school and she knows every child by name.

'Bricks and mortar and children's faces' are what Mrs Kearslake sees looking back over 20 happy years at Craig-y-Parc, the school that arose, like The Spastics Society which backs it, out of the needs of children.

Article by Catherine Drinkwater, and picture by courtesy of the Western Mail.

Sir John's plea for children

SIR JOHN BETJEMAN wrote this poem for 'Answer Me World,' an anthology of poetry published by the National Society for Mentally Handicapped Children.

Answer Me World is a good name;

It is what we all are saying, Answer me world with a good game

When the rest of the world is playing.

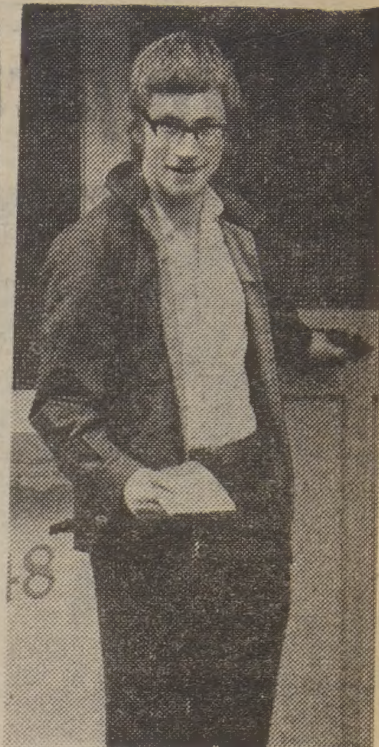
I'm not made of a different kind,

I don't want to be left behind, I want to join with the others out there,

Answer me world with your love and care

And let me join in the playing.

Sir John, the Poet Laureate, has joined forces with spastic author Joey Deacon and parents and friends of mentally handicapped children to produce an anthology of poetry. The title of the book is taken from Sir John's poem. It is published by: The National Society for Mentally Handicapped Children, Pembroke Hall, Pembroke Square, London W2 4EP, and edited by Christine Zwart and Peter Pascoe. Price 50p from any NSMHC centres, 60p with postage and packing.



Stephen got his pounds...

STEPHEN BRINKMAN, 18, an employee of the spastics work centre at Eastcote, has raised £25 for the centre with an eight-mile sponsored walk. He is pictured setting out from his Ruislip home, map in hand.

Stephen, disabled in his right arm and leg, was accompanied by his sister Carol, 22, who collected £20 from sponsors. It took the pair 3½ hours to complete the walk.

Picture of Stephen by courtesy of Middlesex Advertiser and Gazette.

Lawn takes a bashing — in a good cause

THE normally serene lawns of Westerlea School for Spastics in Edinburgh have taken something of a beating. Not only did they bear the feet of hundreds of people who attended the School's annual fete (which, opened by Mrs John Millar, Lady Provost of the city, raised the incredible sum of £2,159—40 per cent more than last year), but in the evening a discotheque and dance (raising a further £200) ensured still further use.

But more was to come. The following day the marquees used for the fete housed the scores of entries by Edinburgh schoolchildren in an aircraft modelling contest, organised on behalf of the Edinburgh Trinity Centre for Spastics, now under construction. And local model railway enthusiasts mounted an exhibition of their interests, too!

One way and another and despite the success of all these events, the least enviable character in the city afterwards was the Westerlea gardener!

Nellie got her pennies from heaven

EVERY Saturday night for many months, Mrs Nellie Fenwick, wife of the vice-chairman of the Gunner Club, in Great King Street, Edinburgh, has sung that old Bing Crosby favourite 'Pennies From Heaven' and taken a collection from members and their wives present in aid of various Scottish charities.

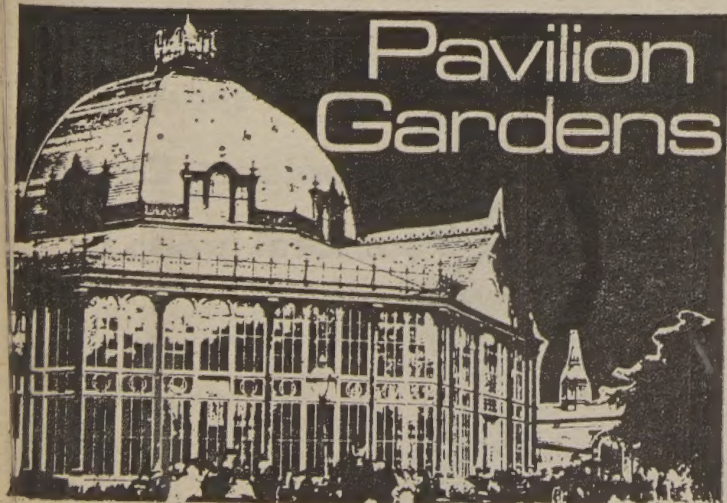
As a result of Mrs Fenwick's latest efforts, the Club decided to purchase a chairmobile for a handicapped child, and this was presented to 11-year-old Andrew White, of Hardgate, Dunbartonshire, who is a pupil at Corseford Residential School for Spastics, Johnstone. The ceremony at the school was attended by some 20 Gunner Club officials and members and their wives, and including Mrs Fenwick!

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Required for Kyre Park Centre, Tenbury Wells, Worcestershire, a Residential Centre for 45 severely handicapped spastics of both sexes. The Centre specialises in making provision for residents who may be emotionally disturbed as well as physically handicapped and there is an active daily programme of workshop employment with the possibility of further development and integration with the local community. The Warden needs to be fully involved both with the life of the Centre and the local population, and must possess the management skills necessary for leading a large and diverse staff. Previous experience of residential work with the handicapped is desirable and proven administrative ability is essential. This is a responsible and demanding position with ample scope for initiative and imagination. Salary negotiable within the Range £2,471 to £3,257 plus emoluments. Superannuated post with a minimum of four weeks holiday per year. A modern bungalow is provided free of rent, heat and light and free meals on duty. Applications and further particulars from: Schools & Centres Establishment Officer, The Spastics Society, 121 Park Crescent, London W1N 4EQ. SNAu19

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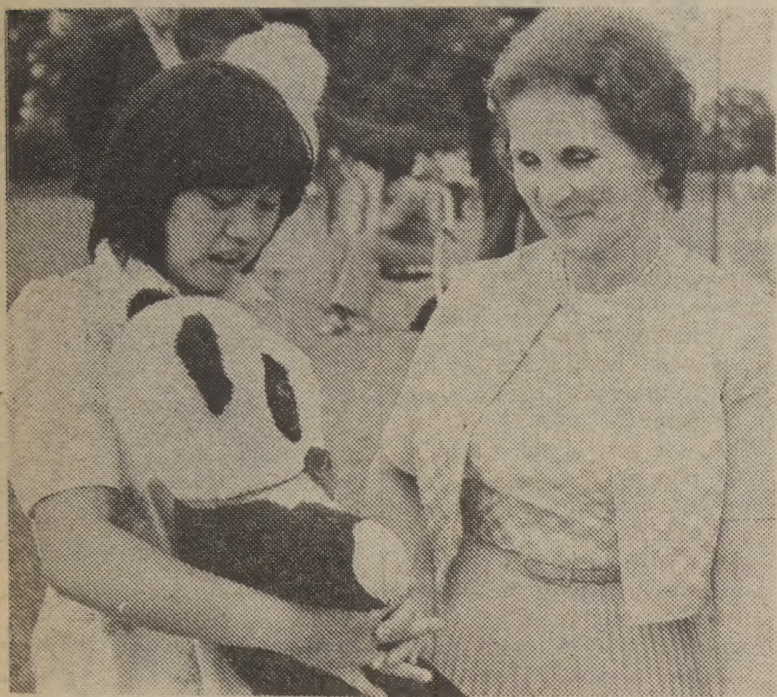
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More pictures from the Spastics Games



RENEE KEE, of the Lancaster Training Centre, shows the Centre's mascot to Mrs A. Monzani, a stalwart worker for spastics, who attended the games.



ALBERT SMITH, Treasurer of the Spastics Pool, talks to two top English runners at the games. They are John Whetton (second left) and Joe Keiley. Also pictured are Mrs Doreen Keiley and daughter Gillian.

Another win...

Cont from Page 1

events in which she competed. The Games, which are sponsored by the Good Neighbours Trust, of Bristol, were opened by Mr Derek Lancaster-Gaye Director of Resources to The Spastics

Society. And he was able to tell contestants that next year, the international Spastics Games would be held in the South of France.

'We hope to send a strong UK team,' he said. 'And they will have their work cut out to do as well as they did at the Crystal Palace games last year. I attended the French Games recently, and I can tell you that standards are improving dramatically.'

Mr Lancaster-Gaye said that a few organisational changes were being made to improve the games. 'Our object is to produce the most stimulating competition possible,' he said.

Harrow boys on marathon cycle ride

THREE young cyclists from the famous Harrow School are pedalling for all they are worth this week to help raise money for children who will never be able to ride a bicycle. They set out on Tuesday, July 22, to cycle from John O'Groats to Lands End, in a sponsored ride for The Spastics Society.

The young men on the gruelling marathon are: Paul Chandler, 15, of Sunset Cottage, Thursley, near Godalming, Surrey; Edward Wheen, 16, of Holmbury House, 54 Sundridge Avenue, Chislehurst, Kent; and John Campbell, 16, of Cedar Swiffe Farm, Swiffe Lane, Broad Oak, Heathfield, Sussex.

They intend to complete the trip in a total of 13 days, stopping at Youth Hostels en route.

Money raised will go towards The Spastics Society's London Regional Fund, which contributes to a variety of projects for the physically and mentally handicapped.



PAT SCOTT, of the Princess Marina Centre, throwing the club an unconventional way, using her foot.

Top support

Cont from Page 1

came 19th out of about 1,400 runners.

Now Joe spends his time running around the counties of Derbyshire, Leicester and Nottinghamshire, making sure that the Spastics Pool is operating efficiently there.

Another top grade runner at the games was John Whetton. John is a Senior Physical Education Lecturer at Nottingham College of Education, where the Games were held.

But until he retired in 1970 he was one of Britain's top 1500 metres runners, competing in both the Tokio and the Mexico Olympics. He reached the finals in both Olympics, and at Mexico was fifth behind Keino and Ryun.

Students

Jeff Miller, a social worker for Nottingham Council, who organised groups of students to help out at the Games, was also an England runner, representing his country in 400 metres events from 1971 to 1974.

Jeff was able to persuade students from the Nottingham College of Education, and from Nottingham Athletics Club, to help out, despite the fact that they had broken up for the holidays, and had gone back to their homes all over England.

A bus from Bobby



BOBBY CRUSH, piano-playing, teeny-bopper heart-throb grew up in East London so he was only too happy to perform when the East London Spastics Society asked him a favour. But it was not his

talent at the key-board they were after. Instead Bobby went along to hand over the Variety Club Sunshine Coach to them after they raised £21,000 to build and equip their own centre. And despite his regular

appearances on TV and the London and Palladium Stage, it was the first time that Bobby, a hard-working member of the Stars Organisation for Spastics had made a coach presentation.



AN international entrant was Martina Ballasko, 24, competing here in the light shot event. Martina comes from Austria.

Inflation brings real hardship

Cont from Page 1

people make by buying in bulk, shopping around and so on. We have to pay top wack for everything.

'This time last year our food bill was something like £7 per week. That shows you how prices have increased.'

With £22 out of their £29 gone in just rent and groceries, that does not leave much over for other essentials such as gas, bills, electricity bills, telephone bills. Clothing bills just do not come into it. They never buy new clothes and make do with the ones they have got.

'Laundry bills are also out of the question. We worked it out that if we sent everything to the laundry, it would cost us £17 a week,' said Donald. 'So Susie washes everything by hand. It would be useful if we could be provided with a spin drier, because we're unable to wring the washing out, and that means getting drenched every time we do it. Susie comes in like a drowned rat after hanging it out on the line.'

Stay-at-homes

One of the effects of rising prices on Mr and Mrs Wiles, is that it keeps them almost permanently housebound. Donald is thought to be too disabled to qualify for a Government tricycle. And buses and trains are out of the question. Taxis, of course, are far too expensive.

Television is their window on the world. They keep two sets, and with increased licence fees this is quite an expense. 'Some people might say that

to have two sets is extravagant,' said Donald. 'But TV is as good as a car to us. It takes us out and about, in our minds if not our bodies.'

Another couple feeling the pinch of inflation are David and Doreen Edwards, who live in a ground floor council flat at Chiselhurst, Kent. They have a six-month-old baby, Spencer.

At the moment they are living on an invalidity pension of £26.55 per week. David cannot work because of his handicaps. Doreen could earn up to £13 per week before Spencer came along, but with a new baby she naturally is not keen to work at the moment.

Their rent

Rent is £8.50 per week, of which they have only to pay £3.35. But like Mr and Mrs Wiles, their main expense is food, which costs a minimum of £8 a week, plus at least £2 in petrol to fetch it, because there are no shops near their home.

'But to keep food bills down, we have to make very strict economies,' said Doreen. 'And often we cut lunch out altogether. If I make a casserole, many of the ingredients I would normally use are left out.'

Having a baby about the house is also a major expense. Doreen finds that baby food has gone up from 6p to 9p a bottle since Spencer came along. The family has to spend more on heating the home, with a baby to care for. And paper napkins cost them £2 a week. Doreen finds that she can no longer pin a conventional nappy, now that the baby is older and more active, for fear of pricking him.

'The major effect of increased prices,' said David, 'is that we don't go out much now. If it wasn't for the free bus passes we get, we wouldn't be

able to go out at all. Petrol costs are just too high.'

Robert and Sue Jamieson live at Barking. Sue gets £25 per week from her job with Remploy repairing books. And Robert earns £11 working at a youth centre. They also get the attendance allowance of £6.20. But soon they will be on social security, because Sue is giving up work to have a baby. The couple are severely handicapped, both confined to wheelchairs.

For them rent, at £17 per fortnight, is a major expense, and it has almost doubled in the last 12 months. Food is another, costing at least £12 per week.

'We rely heavily on our invalid tricycles to get about,' said Robert, speaking through a letter board, and petrol costs us £6 per week. A few years ago I could fill my tank for £1. Now it costs me £2.50.'

Essentials

These three items alone will consume nearly all of the social security allowance they will receive, before gas, electricity, phone bills and other essentials are taken into account.

And there are additional expenses brought about because of their handicaps. For example, Robert has to have his shoes repaired every six weeks, at nearly £1 a time. And he goes through about four pairs every year, which cost £20 to replace.

Once again the effects of swingeing inflation are to keep the couple housebound. Their income just about stretches across the bare essentials. But they do not go beyond. There can be no 'little extras,' trips to the cinema or new clothes.

Britain's disabled are living a bread-line existence. They walk a very precarious economic tightrope indeed.

Every local group for spastics welcomes new volunteers. Could YOU help? Your local group is: